

Langtang Gosainkunda Trekking – Ambition Himalaya Treks

Trip Overview: Langtang is closest place from Kathmandu where you can discover towering snow covered White Mountains in front of your eyes. This adventure is the immeasurable combination of diversities of civilization and natural encounters. Discovering traditional Tibetan cultures through the dense bamboo and rhododendron forest through numbers of wildlives, majestic waterfalls flowing over your head along the rocks, chance to enjoy in the natural hot spring and chances to see immense mountains are the highlights of this trekking. After returning back from Langtang and Kyanjin valley and ascending Walking through the middle of Annapurnas in the west and Everest in the east to the popular Hindu holy lake; Gosainkuna with number of mountains offers you probability to flavor the natural world in different habits. This trek is superb introduction of trekking in Nepal which includes all the main elements of a good trekking.

Langtang National Park has a total area of 1,710 sq. Kilometers and this national park lies in the North of Kathmandu. This national park was designed in 1970/ 1971 but established only in 1976 by the government of Nepal. This trekking route requires a national park permit and it is illegal to enter inside the national park without national park entry permit.

Facts:

Maximum Height	5,000 meters / 16,404ft. (Cherko Ri) 4300 meters / 14107ft. (Gosainkunda Lake)
Grade	Easy
Season	Spring / Autumn (Up to Kyanjin is always possible to trek)
Accommodation	Hotels / Tea Houses
Total Duration	17 Days Total (11 Days Trekking)
Trekking Starting Point	Syabru Bensi
Trekking Ending Point	Dhunche

Day to Day Itinerary for Langtang Gosainkunda Lake Trek:

Day 01

Arrival in Kathmandu

Entering the city of Temple; Kathmandu with a panoramic adventure flying on a clear day would definitely be an adventure experience. Our airport representative and driver will be waiting for you to pick you up from airport to your hotel. Our airport representative will take you to your hotel. In the evening you will have briefing about your trip from your guide.

Accommodation: Hotel

Maximum Height: 1300m / 4265ft.

Day 02

Kathmandu valley sightseeing & preparation of your Trek

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Kathmandu is known for its historical and cultural values. One can't say that how many temples exist in Kathmandu valley and how important are they. After having your breakfast, your day will start with our guided tour of Kathmandu valley which includes world heritage listed sites includes Swoyambhunath or The Monkey Temple, Pashupatinath; the famous Hindu Temple, Patan Durbar Square and finally The Kathmandu Durbar Square.

Accommodation: Hotel

Maximum Height: 1300m / 4265ft.

Approximate Duration: 5 – 6 Hours

Day 03

Drive from Kathmandu to Syabrubensi

The road is quite difficult after Trisuli, a town on the way to Dhunche and Sysbrubensi. The trail is really seems to be dangerous and its seasonable road. On the way you can see surprising landslides over the big green hills. On the rainy season, even you can experience thundering sound of water everywhere. But the journey offers you very nice rhododendron forest and Himalayan sceneries far way. Again after Dhunche, the capital city of whole Dhunche district the road is in quite good structure. Finally reach the hotel in Sysbrubensi and prepare for your next day trek.

Accommodation: Hotel

Maximum Height: 1,420 meters / 4,658ft.

Approximate Duration: 5 / 6 Hours (4WD), 7/8 Hours (Local Bus)

Day 04

Trek to Lama Hotel

Basically Langtang Trek is known as easy trek so that today also the trail is not so hard. On the first part we will ascend up lightly for about two hours and after that we will stop in Bamboo for our lunch. The trail is full of Rhododendron flowers and follows light bamboo throughout. The trail is inside the Langtang National Park and offers us chances to see cute birds, monkeys and sometimes the endangered Red Panda too. Even just after Pahirol (Landslide) you may get chances to see beautiful wide bee hives over the Langtang River on the hard rocks. We will again start our trek after we get our lunch in Bamboo. The trail goes through the right side of thundering Langtang River until our stop in Lama Hotel. The trail is for about 2:30 hours uphill again and quite hard comparing to the previous part of the trail until lunch place. Stay overnight in Lodge / Tea House in Lama Hotel.

Accommodation: Tea House / Lodge

Maximum Height: 2,350 meters / 7,709ft.

Approximate Duration: 5 / 6 Hours Trek

Day 05

Trek to Langtang Valley

Langtang Gosainkunda Trekking – Ambition Himalaya Treks

Normally, trek to Langtang village is easy and is combination of flat and light uphill trail. We will have chances to explore Rhododendron forest and Pine trees on the way and some wild animals too on a lucky day. When we will reach Ghora (Horse) Tabela (House) then we will stop for our hot lunch. Ghora Tabela is a beautiful and small place with beautiful hills all rounded.

After, we catch our lunch we will again continue our trek to Langtang Village through the middle of big hills on the both side for about three hours. Langtang region is prosperous in medical herbals inside the forest. Finally, reach Langtang Village and stay overnight there.

Accommodation: Tea House / Lodge

Maximum Height: 3,500 meters / 11,482ft.

Approximate Duration: 5 / 6 Hours Trek

Day 06

Trek to Kyanjin Village

This is the shortest day on our whole trek to Langtang Kyanjin Valley. We will start our trek after having our breakfast in the Tea House. We do have long day so that we can follow the trail leisurely with beautiful views of white snow capped mountains like Langtang Lirung, Ganchempo, and Ganja La etc. We will reach Kyanjin for our Lunch. After having lunch, we will walk around the village and visit Langtang Cheese Factory and an old Monastery. On the way to Kyanjin we can find some Mani and Chortens.

Accommodation: Tea House / Lodge

Maximum Height: 3,900 meters / 12,795ft.

Approximate Duration: 3 / 4 Hours Trek

Day 07

Hike to Tcherko Ri / Langsisa Kharka

This is our free day in Kyanjin Valley. Today we will hike to Tcherko Ri; a small mountain near Kyanjin Valley or hike to Langsisa Kharka. Both places are in the same direction from Kyanjin Village and takes around 5/6 hours to reach. Tcherko Ri is a mountain for non technical climbing and from the summit you can see lots of mountains from Nepal and Tibet. In the same way, Langsisa Kharka is a flat ground offers you very close views of lightening mountains in front of your eyes. There are not any lunch places on the way so that we need to take packed lunch from Kyanjin Valley.

Accommodation: Tea House / Lodge

Maximum Height: 5,000 meters / 16,404ft. (Tcherko Ri), 4,200 meters / 13,779ft. (Langsisa Kharka)

Approximate Duration: 10 / 11 Hours Trek to visit and return back to Kyanjin

Day 08

Trek back to Lama Hotel

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Today, we will trek back to Lama Hotel through the same trail that we used to reach Kyanjin Gumpa. It's an easy walk where the entire trail is downhill and flat. The trail offers you cool air throughout the rhododendron and pine forest.

Accommodation: Tea House / Lodge

Maximum Height: 2,350 meters / 7,709ft

Approximate Duration: 6 / 7 Hours Trek

Day 09

Trek to Thulo Sysbru Village

The trail is same until Pahiro (Landslide Place) that local is used to visit to Thulo Syabru village. But a little bit after Pahiro we will leave our previous trail and turn on the left side to visit Thulo Syabru village. The trail is usually wet kind and offers chances to get leeches. On the first part we will slightly go uphill trail and after that the trail is almost flat. Finally we will reach Thulo Syarbu village. In the evening we may visit a very old monastery inside the village.

Accommodation: Tea House / Lodge

Maximum Height: 1,900 meters / 6,233ft

Approximate Duration: 5 / 6 Hours Trek

Day 10

Trek to Sing Gumpa (Chandanbari)

The trail follows sight uphill trail towards the popular holy lake Gosainkunda. The trail uncovers dense rhododendron and pine forests. The trail offers you very cool and wonderful environment with natural phenomenon along the trail. The trail is mostly uphill but offers you very good chanced to explore Himalayan sceneries far from your eyes.

Accommodation: Tea House / Lodge

Maximum Height: 3,350 meters / 10,990ft

Approximate Duration: 4:30 / 5:30 Hours Trek

Day 11

Trek to Lauribinayak

The trail is quite short comparing to other days but still offers you very good sceneries along the rhododendron and pine forest along the trail. In the morning first we will visit the Cheese Factory in Chandanbari and after that we will start our trek to Lauribinayak. The day is short and we may trek leisurely.

Accommodation: Tea House / Lodge

Maximum Height: 3,750 meters / 13,303ft

Approximate Duration: 3 Hours Trek

Langtang Gosainkunda Trekking – Ambition Himalaya Treks

Day 12

Trek to Gosainkunda Lake

Trek to Gosainkunda Lake from Lauribinayak is the final uphill trail of your whole trek to Langtang and Gosainkunda Lake. The trail passes through the middle of Himalayan panorama on both side along through Gholangpati and Lauribinayak. The uphill trail of Lauribinayak is really tough and hard to uncover. But when you pass the Lauribinayak uphill trail, then the trail is in almost flat type. You may reach Gosainkunda Lake for your lunch and after your lunch you can explore around Gosainkunda Lake and other small lakes near Gosainkunda. Gosainkunda offers you very close views of Himalayan panorama and very closed shot of white and lightening snow capped mountains around it,

Accommodation: Tea House / Lodge

Maximum Height: 4,300 meters / 14,107ft.

Approximate Duration: 4 / 5 Hours Trek

Day 13

Trek Back to Sing Gompa

In the morning you can take close shots of white Himalayan Mountains. Then after having breakfast we can start our trek back to Sing Gompa. The trail is easy and downhill through rhododendron and pine forest. On the rainy season even you can encounter with lots of leeches on your body.

Accommodation: Tea House / Lodge

Maximum Height: 3,350 meters / 10,990ft

Approximate Duration: 5 / 6 Hours Trek

Day 14

Trek to Dhunche

We will have our breakfast in the lodge then start our trek to Dhunche, the capital city of Rasuwa district. The trail is downhill and flat all the way and offers your panoramic peaks from Tibet far from your eyes. Get reach to Dhunche and get fresh in the Hotel and prepare for your next day drive to Kathmandu.

Accommodation: Tea House / Lodge

Approximate Duration: 4 / 5 Hours Trek

Day 15

Drive to Kathmandu

Accommodation: Tea House / Lodge

Approximate Duration: 4 / 5 Hours (4 Wheel Drive), 5 / 6 Hours (Local Bus)

Day 16

Rest day in Kathmandu

Langtang Gosainkunda Trekking – Ambition Himalaya Treks

This is almost your final day in Nepal and if you are interested to do shopping for your memories of Nepal, then you can explore the big Kathmandu city. And on your request your guide will be assisting you to fulfill your shopping desire.

Accommodation: Hotel

Approximate Duration: On your hand

Day 17

Departure from Kathmandu

Drive or fly back to your onward destination,

Cost Includes and Excludes:

Cost Includes:

1. Airport arrival and departure by private vehicle
2. Deluxe twin sharing accommodation in Kathmandu
3. All local transportation by private vehicle in Kathmandu
4. Welcome & farewell dinner in Kathmandu
5. Sightseeing trip with city tour guide in Kathmandu as per itinerary & monument entry fees
6. Kathmandu - Syabrubesi and Dhunche - Kathmandu & return by local bus (4WD optional)
7. Meal on full board (breakfast, lunch, dinner, tea & coffee) basis during the trek
8. Accommodation on teahouse/lodge during the trek
9. Trek leader (English speaking, First Aid and eco trained), Sherpa helper and all payments
10. Langtang National Park entry fee and permit
11. Down jacket and four seasonal sleeping bag
12. Exclusive medical kit bag
13. All government and local taxes

Cost Excludes:

1. Visa fees, intl. airfare & departure taxes
2. Excess baggage charges
3. Lunch and dinner in city
4. Travel and rescue insurance
5. Personal expenses e.g. phone calls, laundry, bar bills & extra porters
6. Tips for driver, guides and porters
7. Any service does not includes in service inclusive column

Langtang Gosainkunda Trekking – Ambition Himalaya Treks

Acclimatization and High Altitude Sickness: Altitude is defined on the following scale High (8,000 - 12,000 feet [2,438 - 3,658 meters]), Very High (12,000 - 18,000 feet [3,658 - 5,487 meters]), and Extremely High (18,000+ feet [5,500+ meters]). Since few people have been to such altitudes, it is hard to know who may be affected.

Guide, Porters and Staffs Arrangement: Ambition Himalaya Treks and Expeditions Pvt. Ltd. has permanent trekking crews who are already trained and licensed from the government of Nepal. We always provide you permanent and experienced crews for your any trip in Nepal. Our staffs are licensed from the government of Nepal, qualified, experienced and eco trained so that they are perfect for your adventure trips in Nepal. We have permanent local staffs working with us who are the backbone of their particular society.

Our guides / leaders have good capacity to speak English language. They will give you chances to practice some of our local greeting which can add your more pleasure on your adventure travel with us. Our guides and porters are experienced in the routes, practices local cultures and have great respect of local community.

We would also like to tell you that as our guides and helpers will provide you high respect as if you also reply them the same kind of respect it would be great on your trip.

Experience, Health & Fitness of You: Normally, a healthy person who has strong desire of adventure can do adventure travel with us. We suggest you to be well prepared physically and mentally to cooperate with us. We recommend you to say us any kind of previous and current health problems that you have faced or facing on the time of booking your trip with us. That will make us to take decision on your adventure that you are fit enough to experience adventure or not. On something wrong, and if you need medical treatment and rescue then it's your responsibility to pay the expenses and Ambition Himalaya Treks and Expeditions Pvt. Ltd. or any staffs of our company will not be responsible for that. We also recommend you to consult with your doctor before starting your travel. We reserve the rights to check your medical checkup certificates if required.

Normally, trekking is done on high altitude area. Because of that we suggest you to talk with your guide for any kind of new difficulties or health problem you face. Your guide is trained so he might give your required suggestions or medicines for the betterment of your health.

Pre Trip Meeting in Kathmandu: Ambition Himalaya Treks and Expeditions Pvt. Ltd. will have a short meeting with you before starting your trip. Normally, we held this meeting before starting your trip with us or most of the time we start this trek on the first evening of your arrival. You will be introduced your trek guide and you can talk with him about your adventure trek, any questions regarding the trip, about

Langtang Gosainkunda Trekking – Ambition Himalaya Treks

his experiences, qualifications or any other things. That means you will have opportunity to talk face to face regarding your trip. He may give you short briefing about your trips.

Accommodations in Kathmandu and Trek: Ambition Himalaya Treks and Expeditions Pvt. Ltd. will provide 4 star hotels in Thamel, Kathmandu. Thamel is the most touristic city of Kathmandu. Regarding the trekking, you will have cozy tea house / lodge. We give priority for hygiene, standards of the services, location etc. During the trek, your guide will take you in nice hotel where you might have chances to experience typical Nepalese style and you will be offered hygienic foods. Our accommodations are based in twin sharing facility and if there are difficulties in twin sharing we will provide you extra room without any supplementary charges. But we recommend you to tell us regarding this before booking your trip with us.

Toilet Facilities: In Kathmandu you will have private toilets and bathrooms but regarding the trek in the remote area, you will have common toilets. If there is availability of private toilets, then your guide will give your rooms with private toilets and bathrooms.

Meals and Fast Foods: In Kathmandu, your breakfast is included in the itinerary. Lunch and dinners or any other meals are not included. But regarding the trek, all meals on full board basis is included. You will have three meals breakfast, lunch and dinner on a day. You will be given a menu to choose your foods. You will have options to choose Nepalese, Chinese, Italian or continental foods from the menu. Each day, you will have dinner and breakfast in the same tea house / lodge the lunch can be in different lodges. Regarding the welcome and farewell dinner, we will provide your typical Nepalese restaurant either in Kathmandu.

Please remember: Suchlike itinerary prepared here by Ambition Himalaya Treks & Expedition Pvt. Ltd. is for those trekkers who wish to do the absolute package trip. You can apply for your own type of Itinerary for the trip. We are constantly prepared to serve you as per your demand. If you want to customize your excursion, you can request us at any time. You can demand alternative ways as per the circumstances of your holiday duration, financial situation, private interests etc. If the fixed itinerary doesn't suits per your desire, please fill the 'Customize your itinerary' and send us. We will be delighted to prepare your holiday as per your conditions.

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